

SBP Meal Pattern - 5 Day

School Breakfast Program

Serve Only

- Minimum 3 items served daily
- Must prepare each of 3 required items in required amounts:
 - Milk, Fruit/Vegetable, Grain
- Students must have all items on tray at POS

Offer vs. Serve (OVS)

- Minimum 4 items offered daily
- Must prepare each of 3 required items plus an additional item:
 - Milk, Fruit/Vegetable, Grain, and 1 additional item (may be meat/meat alternate, grain, or fruit/vegetable)
- At POS: Must take at least 3 items, 1 item must be ½ cup Fruit or vegetable.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk -Must offer two varieties (1% or fat-free, unflavored, or flavored). One of the varieties offered must be unflavored.	5 cups/week 1 cup daily	5 cups/week 1 cup daily	5 cups/week 1 cup daily
Fruits / Vegetable / Juice -Juice must be 100% full-strength. -No more than half weekly offering may be juice.	5 cups/week 1 cup daily	5 cups/week 1 cup daily	5 cups/week 1 cup daily
Grains / Breads -Daily & weekly minimums must be met -At least 80% of grain items offered must be whole grain rich (WGR)	7-10 oz equivalent/week* 1 oz daily minimum	8-10 oz equivalent/week* 1 oz daily minimum	9-10 oz equivalent/week* 1 oz daily minimum
(Meat or Meat Alternates)	None required but may substitute 1 oz eq of meat /meat alternate for 1 oz eq of grains after minimum daily grain is met.		
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium Target 1* Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

*Staying within the maximums for Grain & M/MA helps with dietary specifications but is not required.

This institution is an equal opportunity provider.

